

Healthy Bites



Information to Improve the Selection and use of Foods In Your Home

Good Nutrition: Choose Facts, Not Myths

Spring 2008 Vol. 4

The best nutrition advice is based on science and fact. Before making changes to your diet make sure that you know the facts and that the practices are based on good science and not myths and misinformation. Here are five popular nutrition myths along with the facts you need to get on the right track to eat better for your health.

Myth #1: Eating healthy is hard and complicated and the recommendations change all the time.

The Facts: Healthy eating and a healthy lifestyle do not have to be complicated. Use the USDA's MyPyramid (www.mypyramid.gov) as a guide for an overall healthy eating plan. Its key messages include eating a variety of healthy choices from each of the food groups and enjoying physical activity each day. MyPyramid can be personalized to make it work for you.

Myth # 2: All carbohydrates should be avoided.

The Facts: Carbohydrate-rich foods are a critical part of a healthy and active lifestyle. In fact, they are the preferred source of fuel for the body. The thing to remember is that all carbohydrates are not created equally. Some carbohydrates such as sugars and starches like those found in candies, soda pop and white breads offer quick energy and little other nutrition. While other carbohydrates such as whole grains, fruits and vegetables contain nutrients like fiber, vitamins and minerals and offer slow-released, sustained energy. As with all foods, portion control is essential. Carbohydrates can be an important and enjoyable part of a healthy diet.

Myth #3: I really don't have control over my health.

The Facts: You have more control than you think; genetics plays a small role in your overall health. The fact is that 90% of all Type 2 Diabetes, 80% of cases of heart disease and 33% of cancers can be prevented with good nutrition, an active lifestyle and a healthy weight. There is never any time better than right now to start eating more fruits, vegetables and whole grains in place of convenience type foods that are high in fat and sodium.

Source: *Communicating Food for Health* FEBRUARY 2008



One size doesn't fit all. MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- ▶ Make smart choices from every food group.
- ▶ Find your balance between food and physical activity.
- ▶ Get the most nutrition out of your calories.
- ▶ Stay within your daily calorie needs.

MyPyramid food plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them.

Source: mypyramid.gov

Did You Know?

Angel Food Ministries (AFM) is a terrific source of low-cost nutritious food for you and your family. Each month you receive one box of food including both fresh and frozen items. You pay only \$25 for the food which is valued at approximately \$75. Each month the food items change. To find out more about Angel Food Ministries and/or sign up, simply call 1-877-366-3646. It's a free call.

There are no income limits for this program.



MSU Extension has a FREE Nutrition Program for qualifying families. If interested or to obtain more information please call 586-469-6432.



QUIZ: What is “Plant-Based”?

*Test Your Knowledge of a Plant-based Diet
by Hollis Bass, MEd, RD*



1. A plant-based diet can help prevent disease. True or False?

Answer: True. A meat-based diet's high fat (especially saturated fat), low-fiber content contributes to obesity, diabetes, certain cancers, and heart disease. A plant-based diet, along with adequate exercise, can help prevent these diseases.



2. A plant-based diet is a vegetarian diet. True or False?

Answer: False. A plant-based diet consists mainly of vegetables, fruits, grains, and legumes, with modest amounts of meat. The key is to take the focus away from meat, making it a side dish or condiment instead of the main entree.



3. A plant-based diet won't give me enough protein. True or False?

Answer: False. As long as you eat a variety of foods, you should get an adequate amount of protein in your plant-based diet.



4. Legumes (beans and peas) are a good meat alternative. True or False?

Answer: True. Legumes provide protein and iron, making them a good nutritional substitute

to meat. They are also a good source of fiber. Use them in place of meat in chili, burritos, lasagna, and soups. Serve them over rice or pasta or add to soups and salads.



5. Simply avoiding or cutting back on meat makes for a healthy diet. True or False?

Answer: False. Cutting the meat in your diet doesn't automatically make it healthier. Be sure to add healthful foods in its place. French fries and macaroni and cheese may be meatless, but they are not low in fat. Be sure to eat at least 4.5 cups of fruits and vegetables, plus a variety of whole grains daily.



6. I'll have to shop in expensive stores to follow a plant-based diet. True or False?

Answer: False. Compare the cost per serving of beans, rice and pasta with meat and you can see how inexpensive a plant-based diet can be. These items, plus fruits and vegetables, are available at regular supermarkets.

Tips for Getting Started

- Try chicken, turkey, and fish in place of red meat; they are lower in saturated fat.
- When you do use meat, mix it in casseroles and stir-fries, with lots of vegetables and pasta or rice. Think of meat as a condiment.
- If you have a family of meat-eaters, try one or two plant-based meals per week until they get used to new flavors and foods.
- Introduce beans as a side dish, gradually moving toward bean-based entrees.
- For recipes, visit www.foodandhealth.com.

Scalloped Potatoes

Ingredients

3 cups very thinly sliced and peeled potatoes (3 medium potatoes)
2 tablespoons flour 3 tablespoons margarine or butter
1 1/4 cups milk

1/4 cup finely chopped onion
salt and pepper to taste

1. Preheat oven to 350° F.
2. Grease baking dish with margarine or butter and place half of potato slices on bottom.
3. Sprinkle with half of onion. Sprinkle 1 tablespoon flour over potato and onion layer. Repeat layers.
4. Season lightly with salt and pepper and dot with half the margarine or butter. Pour milk over potatoes.
5. Cover and bake for 30 minutes.

Serves: 6 Serving size: 1/2 cup
Calories: 160 Fat 7 g
Sodium: 460 mg Fiber: 2 g



Bright Idea:

- *Grated cheese can be added to each layer of the dish.
- *To make this a main dish, add ham, diced or leftover meat.





Got Healthy Bones?

Many of us think of bones like the steel in an office building, a solid unchanging framework. Actually, your 206 bones are more like a tree supporting a child's playhouse—supportive, yet alive and needing proper nutrition to stay healthy. Contrary to what most people think, bone health is more than just getting enough calcium. While calcium is critical, a variety of minerals, vitamins and other components work together to make strong bones.

Got Calcium?

Calcium is 65% of the weight of your bones. Since calcium is needed for nerve and muscle function, your body treats the skeleton like a calcium bank account. If your diet is low in calcium, your body removes calcium from your bones but does not replace it. Rich, heart-healthy sources of calcium include skim milk, nonfat yogurt, non-fat ricotta cheese, fortified soymilk, green leafy vegetables, fortified orange juice and fortified whole grain products.

Got Magnesium?

While magnesium is used in over 300 enzymes, half of the body's magnesium is found in bones. Magnesium can take the place of some calcium in bone if calcium supplies are low. The suggested intake for magnesium is 350 mg per day for men and 280 mg for women. Nuts and grains are excellent heart-healthy food sources of magnesium, as are beans, dark green vegetables, fish and seeds.

Got Vitamin D?

Vitamin D goes hand in hand with calcium and bone health. This vitamin is unusual in that it can be made from sunshine. Heart-healthy sources include salmon, herring sardines, skim milk, some yogurt, fortified soymilk and fortified whole grain cereals.

Got Vitamin K?

Vitamin K is a fat-soluble vitamin found in dark green, leafy vegetables. Vitamin K is required to make the proteins found in bone and can help keep calcium from being lost in the urine.

No Bones About It:

What is the bottom line for bone health? The best bone-building diet fits right into most guidelines for good nutrition. Build your diet around whole grains, fruits and vegetables with a few servings of calcium-rich foods. Make sure you get enough vitamin D from sunlight or fortified foods. Minimize salt intake and try to eat the right amount of protein for your weight. Exercise, especially walking and jogging, is very beneficial, too.

Source: Communicating Food for Health@www.foodandhealth.com

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

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FAMILY (586) 469-5180

ABC, 123 @ Home With Me

**** In-home free literacy program ****



*that provides free books
to single family low
income households with
children ages 0 ~ 3 years old.*

*Call (586) 469-7609 for
more information on this program*

MSUE 4C presents: Chick Moorman
The Only 3 Discipline Strategies You Will
Ever Need: Essential Tools For Busy Parents

**Thursday, May 15th
6:30pm-9:00pm**

Location:

**Best Western ConCorde Inn
44315 Gratiot Avenue
Clinton Twp., MI 48036
Contact 586.469.6993**

Facing Foreclosure

*Monday, May 21st
6:30 - 9:00 p.m.*

*Roseville Senior Center
18961 Common Rd
Roseville, MI 48066
Call 586-469-6430 to register*

*receive a certificate of completion. ***

HOUSING (586) 469-6430

Macomb Homebuyers Affordable

Housing Seminar

- ◆ Renting vs. Buying
- ◆ Government & Bank Loan Programs
- ◆ Down Payment Assistance
- ◆ Saving Money & Cleaning Up Credit

Wednesday, March 12, 2008

Macomb MSU Extension

Money Management

8 Sessions, Thursdays
April 24, May 1, 8, 15, 22, 29
June 5, & 12



**Mt. Calvary Community Center
8129 Packard
Warren, MI 48089**

Call (586) 469-6430 to register

Home Ownership Seminar

FREE, three-part program provides
basic information needed
to effectively shop for
and finance a home.

April 10, 17 & 24

**Macomb MSU Extension
21885 Dunham, Entrance E
Clinton Township, MI 48036**

NUTRITION (586) 469-6432

Expanded Food & Nutrition Program
for low-income families with children - 6 sessions

- ◆ One-On-One Teaching
- ◆ Menu Planning
- ◆ Group Presentation
- ◆ Stretch Food Dollars
- ◆ Label Reading
- ◆ Free Cookbook (Call 586-469-6432)

Parenting Views/Healthy Bites

Free Newsletters

Check our website:

www.msue.msu.edu/macomb for:

Calendar of upcoming events
Program descriptions
Volunteer opportunities
Past issues

Volunteer Opportunities

Youth Mentor Program

Positive role modeling to at
risk youth 11 - 15
4H



Activities for families
with children 5-19

Call (586) 469-6431 for more information

Extension also offer programs on gardening, environment, recycling, composting, tourism local government and so much more. Visit our website: www.msue.msu.edu/macomb or call (586) 469-5180.

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